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SHARP

Important

R-657
MICROWAVE OVEN WITH GRILL

OPERATION MANUAL WITH COOKBOOK

OPERATION MANUAL

This operation manual contains important information which you should read carefully before using your microwave oven.

IMPORTANT: There may be a serious risk to health if this operation manual is not followed or if the oven is modified so that it operates with the door open.

ENGLISH

800 W (IEC 60705)

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Dear Customer,

Congratulations on acquiring your new microwave oven with grill, which from now on will make your kitchen chores considerably easier.
You will be pleasantly surprised by the kinds of things you can do with a microwave. Not only can you use it for rapid defrosting or heating up of food, you can also prepare whole meals.
In our test kitchen our microwave team has gathered together a selection of the most delicious international recipes which are quick and simple to prepare.
Be inspired by the recipes we have included and prepare your own favourite dishes in your microwave oven.
There are so many advantages to having a microwave oven which we are sure you will find exciting:

- Food can be prepared directly in the serving dishes, leaving less to wash up.
- Shorter cooking times and the use of little water and fat ensure that many vitamins, minerals and characteristic flavours are preserved.

We advise you to read the cookery book guide and operating instructions carefully.
You will then easily understand how to use your oven.

Enjoy using your microwave oven and trying out the delicious recipes.

Your Microwave-Team

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GB

Attention:
Your product is marked with this symbol.
It means that used electrical and electronic products should not be mixed with general household waste. There is a separate collection system for these products.

A. Information on Disposal for Users (private households)

1. In the European Union

Attention: If you want to dispose of this equipment, please do not use the ordinary dust bin!

Used electrical and electronic equipment must be treated separately and in accordance with legislation that requires proper treatment, recovery and recycling of used electrical and electronic equipment.

Following the implementation by member states, private households within the EU states may return their used electrical and electronic equipment to designated collection facilities free of charge*.

In some countries* your local retailer may also take back your old product free of charge if you purchase a similar new one.

*) Please contact your local authority for further details.

If your used electrical or electronic equipment has batteries or accumulators, please dispose of these separately beforehand according to local requirements.

By disposing of this product correctly you will help ensure that the waste undergoes the necessary treatment, recovery and recycling and thus prevent potential negative effects on the environment and human health which could otherwise arise due to inappropriate waste handling.

2. In other Countries outside the EU

If you wish to discard this product, please contact your local authorities and ask for the correct method of disposal.

For Switzerland: Used electrical or electronic equipment can be returned free of charge to the dealer, even if you don't purchase a new product. Further collection facilities are listed on the homepage of www.swico.ch or www.sens.ch.

B. Information on Disposal for Business Users

1. In the European Union

If the product is used for business purposes and you want to discard it:

Please contact your SHARP dealer who will inform you about the take-back of the product. You might be charged for the costs arising from take-back and recycling. Small products (and small amounts) might be taken back by your local collection facilities.

For Spain: Please contact the established collection system or your local authority for take-back of your used products.

2. In other Countries outside the EU

If you wish to discard of this product, please contact your local authorities and ask for the correct method of disposal.

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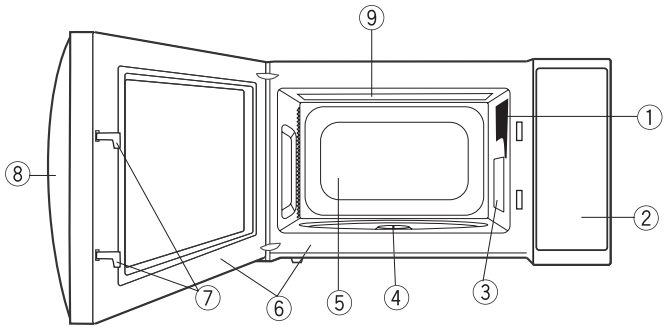
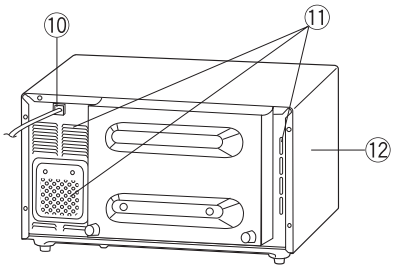
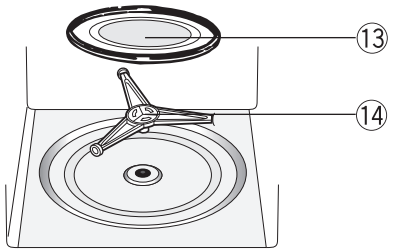
OVEN AND ACCESSORIES

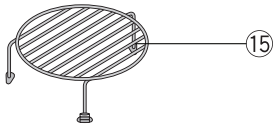




1 Oven lamp
2 Control panel
3 Waveguide cover
4 Coupling
5 Oven cavity
6 Door seals and sealing surfaces
7 Door safety latches
8 Door opening handle
9 Grill heating element
10 Power supply cord
11 Ventilation openings
12 Outer cover

ACCESSORIES:
Check to make sure the following accessories are provided:
(**13**) Turntable (**14**) Roller stay
(**15**) Rack (height: 8,5cm)
Place the roller stay in the coupling on the floor of the cavity.
Then place the turntable on the roller stay.
To avoid turntable damage, ensure dishes or containers are lifted clear of the turntable rim when removing them from the oven.
NOTE: When you order accessories, please mention two items: part name and model name to your dealer or SHARP authorised service agent.





WARNING:
The door, outer cabinet, oven cavity, accessories and dishes will become very hot during operation. To prevent burns, always use thick oven gloves.

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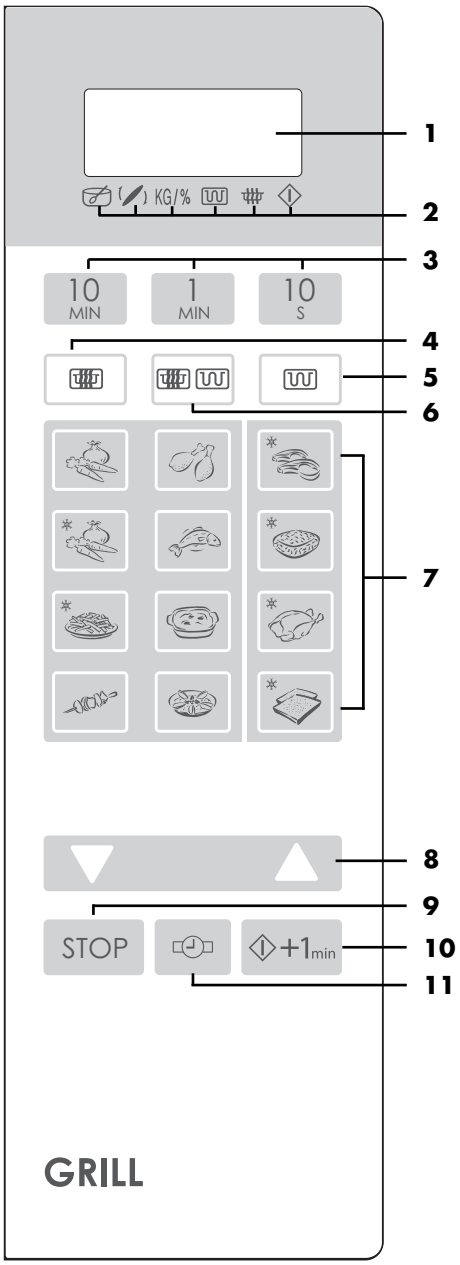

CONTROL PANEL

1 Digital Display

2 Indicators

The appropriate indicator will flash or light up, just above each symbol according to the instruction. When an indicator is flashing, press the suitable key (having the same symbol) or do the necessary operation.

- Stir
- Turn over
- KG/% Weight/Power level
- Grill
- Microwave
- Cooking in progress

3 TIME keys

4 MICROWAVE POWER LEVEL key

Press to change the microwave power setting

5 GRILL key

6 DUAL GRILL key

7 AUTOMATIC keys

Press to select one of the 12 automatic programmes.

8 LESS/PLUS keys

9 STOP key

10 START/+1MIN key

11 CLOCK SETTING key

ENGLISH

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IMPORTANT SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS: READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

To avoid the danger of fire.

The microwave oven should not be left unattended during operation. Power levels that are too high, or cooking times that are too long, may overheat foods resulting in a fire.

This oven is designed to be used on a countertop only. It is not designed to be built into a kitchen unit. Do not place the oven in a cabinet. The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency.
The AC power supply must be 230V, 50Hz, with a minimum 16A distribution line fuse, or a minimum 16A distribution circuit breaker.
A separate circuit serving only this appliance should be provided.
Do not place the oven in areas where heat is generated. For example, close to a conventional oven.
Do not install the oven in an area of high humidity or where moisture may collect.
Do not store or use the oven outdoors.

If smoke is observed, switch off or unplug the oven and keep the door closed in order to stifle any flames.

Utensils should be checked to ensure that they are suitable for use in the oven. See Page GB-16-17. Use only microwave safe containers and utensils on microwave modes.

When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.

Clean the waveguide cover, the oven cavity and the turntable after use. These must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire.

Do not place flammable materials near the oven or ventilation openings.
Do not block the ventilation openings.
Remove all metallic seals, wire twists, etc., from food and food packages. Arcing on metallic surfaces may cause a fire.
Do not use the microwave oven to heat oil for deep frying. The temperature cannot be controlled and the oil may catch fire.
To make popcorn, use only special microwave popcorn makers.
Do not store food or any other items inside the oven.
Check the settings after you start the oven to ensure the oven is operating as desired.
To avoid overheating and fire, special care must be taken when cooking or reheating foods with a high sugar or fat content, for example, Sausage rolls, Pies or Christmas pudding.
See the corresponding hints in operation manual and the cookery book section.

To avoid the possibility of injury

WARNING:
Do not operate the oven if it is damaged or malfunctioning. Check the following before use:
a) The door; make sure the door closes properly and ensure it is not misaligned or warped.
b) The hinges and safety door latches; check to make sure they are not broken or loose.
c) The door seals and sealing surfaces; ensure that they have not been damaged.
d) Inside the oven cavity or on the door; make sure there are no dents.
e) The power supply cord and plug; ensure that they are not damaged.
If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
Never adjust , repair or modify the oven yourself. It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.

Do not operate the oven with the door open or alter the door safety latches in any way.
Do not operate the oven if there is an object between the door seals and sealing surfaces.

Do not allow grease or dirt to build up on the door seals and adjacent parts. Clean the oven at regular intervals and remove any food deposits. Follow the instructions for "Care and Cleaning" on page GB-15. Failure to maintain the oven in a clean condition could lead to a deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

Individuals with PACEMAKERS should check with their doctor or the manufacturer of the pacemaker for precautions regarding microwave ovens.

To avoid the possibility of electric shock

Under no circumstances should you remove the outer cabinet.
Never spill or insert any objects into the door lock openings or ventilation openings. In the event of a spill, turn off and unplug the oven immediately, and call an authorised SHARP service agent.
Do not immerse the power supply cord or plug in water or any other liquid.
Do not let the power supply cord hang over the edge of a table or work surface.

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Keep the power supply cord away from heated surfaces, including the rear of the oven.
Do not attempt to replace the oven lamp yourself or allow anyone who is not an electrician authorised by SHARP to do so. If the oven lamp fails, please consult your dealer or an authorised SHARP service agent.
If the power supply cord of this appliance is damaged, it must be replaced with a special cord. The exchange must be made by an authorised SHARP service agent.

To avoid the possibility of explosion and sudden boiling:

WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.
Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.

Never use sealed containers. Remove seals and lids before use. Sealed containers can explode due to a build up of pressure even after the oven has been turned off.
Take care when microwaving liquids. Use a wide-mouthed container to allow bubbles to escape.

Never heat liquids in narrow necked containers such as baby bottles, as this may result in the contents erupting from the container when heated and cause burns.

To prevent sudden eruption of boiling liquid and possible scalding:

1. Do not use excessive amount of time (See page GB-21).
2. Stir liquid prior to heating/reheating.
3. It is advisable to insert a glass rod or similar utensil (not metal) into the liquid whilst reheating.
4. Let liquid stand for at least 20 seconds in the oven at the end of cooking time to prevent delayed eruptive boiling.

Do not cook eggs in their shells, and whole hard boiled eggs should not be heated in microwave ovens since they may explode even after microwave cooking has ended. To cook or reheat eggs which have not been scrambled or mixed, pierce the yolks and the whites, or the eggs may explode. Shell and slice hard boiled eggs before reheating them in the microwave oven.

Pierce the skin of such foods as potatoes, sausages and fruit before cooking, or they may explode.

To avoid the possibility of burns

WARNING: The contents of feeding bottles and baby food jars must be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

Use pot holders or oven gloves when removing food from the oven to prevent burns.

Always open containers, popcorn makers, oven cooking bags, etc., away from the face and hands to avoid steam burns and eruption of boiling.

To avoid burns, always test food temperature and stir before serving and pay special attention to the temperature of food and drink given to babies, children or the elderly. Accessible parts may become hot during use. Young children should be kept away.

Temperature of the container is not a true indication of the temperature of the food or drink; always check the food temperature.
Always stand back from the oven door when opening it to avoid burns from escaping steam and heat.
Slice stuffed baked foods after heating to release steam and avoid burns.
This appliance is not intended to be operated by means of an external timer or separate remote-control system.

To avoid misuse by children

WARNING:

Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

When the appliance is operated in the GRILL, DUAL GRILL and AUTOMATIC operation (except AUTO DEFROST), children should only use the oven under adult supervision due to the temperature generated.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

Do not lean or swing on the oven door. Do not play with the oven or use it as a toy.

Children should be taught all important safety instructions: use of pot holders, careful removal of food coverings; paying special attention to packaging (e.g. self-heating materials) designed to make food crisp, as they may be extra hot.

Other warnings

Never modify the oven in any way.
Do not move the oven while it is in operation.
This oven is for home food preparation only and may only be used for cooking food. It is not suitable for commercial or laboratory use.

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IMPORTANT SAFETY INSTRUCTIONS

To promote trouble-free use of your oven and avoid damage.

Never operate the oven when it is empty except where recommended in the operation manual, see Page GB-7. Doing so may damage the oven.

When using a browning dish or self-heating material, always place a heat-resistant insulator such as a porcelain plate under it to prevent damage to the turntable due to heat stress. The preheating time specified in the dish's instructions must not be exceeded.

Do not use metal utensils, which reflect microwaves and may cause electrical arcing. Do not put cans in the oven.

Use only the turntable designed for this oven.

Do not place anything on the outer cabinet during operation.

Do not use plastic containers for microwaving if the oven is still hot from using the **GRILL**, **DUAL GRILL** and **AUTOMATIC** operation (except **AUTO DEFROST**), because they may melt. Plastic containers must not be used during above modes unless the container manufacturer says they are suitable.

NOTE:

If you are unsure how to connect your oven, please consult an authorised, qualified electrician.

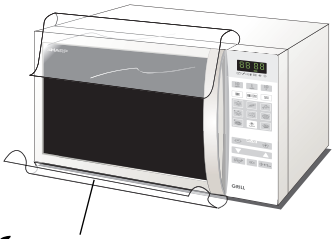
Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedure.

Water vapour or drops may occasionally form on the oven walls or around the door seals and sealing surfaces. This is a normal occurrence and is not an indication of microwave leakage or a malfunction.

This symbol means that the surfaces are liable to get hot during use.

INSTALLATION

1. Remove all packing materials from the inside of the oven cavity. Discard the loose polythene sheet from between the door and cavity. Remove the feature sticker, if attached, from the outside of the door.



✓ Remove this film

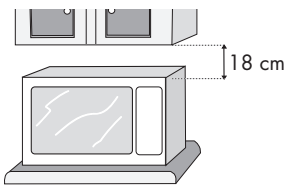
2. Check the oven carefully for any signs of damage.

3. Place the oven on a flat, level surface strong enough to support the oven's weight plus the heaviest item likely to be cooked. Do not place the oven in a cabinet.

4. The oven door may become hot during cooking. Place or mount the oven so that the bottom of the oven is 85 cm or more above the floor. Keep children away from the door to prevent them burning themselves.

5. **Do not allow the power supply cord to run over any hot or sharp surfaces, such as the hot air vent area at the top rear of the oven.**

6. Ensure there is a minimum of free space above the oven of 18 cm.

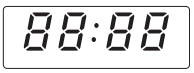


7. Securely connect the plug of the oven to a standard earthed (grounded) household electrical outlet.

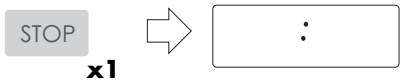
BEFORE OPERATION

Plug in the oven.

1. The oven display will flash:



2. Press the **STOP** key, the display will show:



x1

3. To set the clock, see below.

4. Heat the oven without food. **(See page GB-7, Note b).**

Using the STOP key

Use the **STOP** key to:

1. Erase a mistake during programming.

2. Stop the oven temporarily during cooking.

3. Cancel a programme during cooking, touch twice.

SETTING THE CLOCK

There are two setting modes: 12 hour clock and 24 hour clock.

1. To set the 12 hour clock, press the **CLOCK SETTING** key once, as in Step 1 opposite.

2. To set the 24 hour clock, press the **CLOCK SETTING** key twice, as in Step 2 opposite.

Step 1.

x1

Step 2.

x2

Example:

To set the 24 hour clock to 23:35:

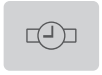
1. Choose the 24 hour clock by pressing the **CLOCK SETTING** key twice.

x2

2. Set the hours:
Press the **10 MIN** key twice.
Press the **1 MIN** key three times.

x2 **x3**

3. Change from hours to minutes by pressing the **CLOCK SETTING** key once.



x1

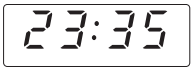
4. Set the minutes:
Press **10 MIN** key three times.
Press **1 MIN** key five times.

x3 **x5**

5. Start the clock.

x1

Check the display.



NOTES:

1. Press the **STOP** key if you make a mistake during programming.

2. If the oven is in cooking mode and you wish to know the time of day, touch the **CLOCK SETTING** key. As long as your finger is touching the key, the time of day will be displayed.

3. If the electrical power supply to your microwave oven is interrupted, the display will intermittently show "88:88" after the power is reinstated. If this occurs during cooking, the programme will be erased. The time of day will also be erased.

4. When you want to reset the time of day, follow the above example again.

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MICROWAVE POWER LEVEL

Your oven has 5 power levels. To choose the power level for cooking, follow the advice given in the recipe section. Generally the following recommendations apply:

100 P (800 W) used for fast cooking or reheating e.g. soup, casseroles, canned food, hot beverages, vegetables, fish, etc.

70 P (560 W) used for longer cooking of dense foods such as roast joints, meat loaf and plated meals, also for sensitive dishes such as cheese sauce and sponge cakes. At this reduced setting, the sauce will not boil over and food will cook evenly without over cooking at the sides.

50 P (400 W) for dense foods which require a long cooking time when cooked conventionally, eg. beef dishes, it is advisable to use this power setting to ensure the meat will be tender.

30 P (240 W Defrost setting) to defrost, select this power setting, to ensure that the dish defrosts evenly. This setting is also ideal for simmering rice, pasta, dumplings and cooking egg custard.

10 P (80 W) For gentle defrosting, eg. cream gateaux or pastry.

P = PERCENTAGE

To set the microwave power level :
Press the **TIME** keys to select cooking time.
Press the **MICROWAVE POWER LEVEL** key once (100P).
To change the microwave power level press the **MICROWAVE POWER LEVEL** key until the desired power level is reached.
Press the **START/+1MIN** key.

NOTE: If the power level is not selected, 100 P is automatically set.

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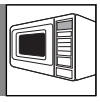
MICROWAVE COOKING



Your oven can be programmed for up to 99 minutes 90 seconds (99.90).

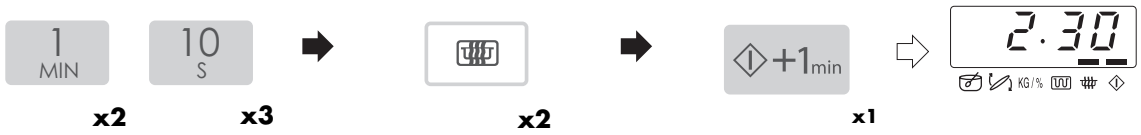
Example:
To cook 2 minutes and 30 seconds on 70 P microwave power.

1. Enter desired cooking time by pressing **TIME** keys.

2. Choose desired power by pressing **MICROWAVE POWER LEVEL** key twice.

3. Press **START/+1MIN** key once to begin cooking.

Check the display.



x2 **x3** **x2** **x1**

NOTES:
1. When the door is opened during the cooking process, the cooking time on the digital display stops automatically. The cooking time starts to count down again when the door is closed and the **START/+1MIN** key is pressed.
2. If you wish to know the power level during cooking, press the **MICROWAVE POWER LEVEL** key. As long as your finger is touching the **MICROWAVE POWER LEVEL** key, the power level will be displayed.

ENGLISH

GRILL COOKING/DUAL GRILL COOKING

This microwave oven has two **GRILL** cooking modes: 1. Grill only. 2. Dual Grill (Grill with microwave).

1. GRILL ONLY COOKING

This mode can be used to Grill/Brown food.

Example : To cook for 4 minutes.

1. Enter desired cooking time by pressing **TIME** keys.

x4

2. Press the **GRILL** key once.

x1

3. Press the **START/+1MIN** key once to begin cooking.

x1

Check the display.

NOTES:

a. The rack is recommended for grilling of flat pieces of food.

b. HEATING WITHOUT FOOD:
You may detect smoke or a burning smell when using the grill for the first time, this is normal and not a sign that the oven is out of order.
To avoid this problem, when first using the oven, operate the grill without food for 20 minutes.

2. DUAL GRILL COOKING

This mode uses a combination of Grill power and Microwave power (10 P to 50 P).
The Microwave power level is preset to 30 P.

Example:
To cook for 7 minutes on **DUAL GRILL 50 P**.

1. Enter the desired cooking time by pressing **TIME** keys.

x7

2. Press the **DUAL GRILL** key once.

x1

3. Change the microwave power level by pressing the **DUAL GRILL** or **MICROWAVE POWER LEVEL** key twice.

x2 **x2**

4. Press the **START/+1MIN** key once to begin cooking.

x1

Check the display.

WARNING:
The door, outer cabinet, oven cavity, accessories and dishes will become very hot during operation.
To prevent burns, always use thick oven gloves.

OTHER CONVENIENT FUNCTIONS

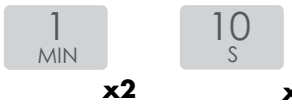
1. MULTIPLE SEQUENCE COOKING

A sequence of 3 stages (maximum) can be programmed using combinations of **MICROWAVE, GRILL** or **DUAL GRILL**.

Example:
To cook : 2 minutes and 30 seconds on 70 P power (Stage 1)
5 minutes Grill only (Stage 2)

STAGE 1

1. Enter the desired cooking time by pressing **TIME** keys.



x2 **x3**

2. Enter the desired power level by pressing **MICROWAVE POWER LEVEL** key twice.

x2

STAGE 2

3. Enter the desired time by pressing **TIME** keys.

x5

4. Select Grill by pressing the **GRILL** key once.

x1

5. Press the **START/+1MIN** key once to begin cooking.

x1

Check the display.

(The oven will begin to cook for 2 minutes and 30 seconds at 70 P, and then for 5 minutes on Grill only).

2. MINUTE PLUS FUNCTION

The **START/+1MIN** key allows you to operate the two following functions:

a. Direct start

You can directly start cooking on 100 P microwave power level for 1 minute by pressing the **START/+1MIN** key.

NOTE:
To avoid the misuse by children the **START/+1MIN** key can be used only within 3 minutes after preceding operation, i.e., closing the door, pressing the **STOP** key or cooking completion.

b. Extend the cooking time.

You can extend the cooking time during manual cooking for multiples of 1 minute if the **START/+1MIN** key is pressed while the oven is in operation.

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OTHER CONVENIENT FUNCTIONS

3. LESS / PLUS keys.
The **LESS** (▼) and **PLUS** (▲) keys allow you to easily decrease or increase programmed setting times, (for a less well or more well cooked result), used in automatic operations or cooking time while in operation.

a) Changing the pre-programmed time setting (for AUTOMATIC function).
Example:
Suppose you want to cook 0.6 kg Grill Skewers using the **AUTOMATIC** and **PLUS** (▲) keys.

1. Choose the **AUTOMATIC** menu and quantity by pressing the **GRILL SKEWERS** key 5 times.

2. Choose the desired result (well cooked) by pressing the **PLUS** key once within 2 seconds.

x5

x1

After 2 seconds the oven will start to cook automatically.

NOTE:
When you choose PLUS, the display will show "PLUS".
When you choose LESS, the display will show "LESS".
To cancel LESS or PLUS, press the same key again.
To change PLUS to LESS simply press the **LESS** (▼) key.
To change LESS to PLUS simply press the **PLUS** (▲) key.

b) Adjusting the heating time while oven is operating.
During the manual cooking process, the cooking time can be decreased or increased in 1 minute steps each time the **LESS** (▼) and **PLUS** (▲) keys are pressed.

NOTE:
You can use this function for manual cooking only.

4. TO CHECK SETTINGS WHILE THE OVEN IS OPERATING

TO CHECK THE POWER LEVEL:
To check the microwave power level during cooking press the **MICROWAVE POWER LEVEL** key.
The oven continues to count down, although the display shows the power level.

As long as your finger is pressing the key, the power level will be displayed.

TO CHECK THE TIME OF DAY:
Firstly, the clock must already be set, see page GB-5. To check the time of day during cooking, press the **CLOCK SETTING** key.

As long as your finger is pressing the key, the time of day will be displayed.

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AUTOMATIC OPERATION

The **AUTOMATIC** function automatically works out the correct cooking mode and cooking time. You can choose from 8 **AUTOCOOK** menus and 4 **AUTO DEFROST** menus. What you need to know when using this automatic function:

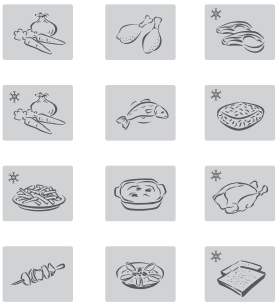
1. In order to prevent the accidental use of the oven, the **AUTOMATIC** can only be input within 3 minutes after cooking completion, closing the door or pressing the **STOP** key.

2. The menu can be chosen by pressing the desired **AUTOMATIC** key.
The weight of the food can be input by pressing the selected key until the desired weight is displayed.
- Enter the weight of the food only. Do not include the weight of the container.
- For food weighing more or less than weights given in the **AUTOMATIC** charts, use manual programmes. For best results, follow the cooking charts in the cookbook section.

3. The programmed cooking time is an average time. If you want to alter the cooking time, use the **LESS** (▼) or **PLUS** (▲) keys after pressing the **AUTOMATIC** key (see page GB-9).

4. There is no need to press the **START** key as the oven will automatically start to cook after the weight has been input.

When action is required (e.g. to turn food over), the oven stops and the audible signals sound and any indicator will flash on the display. To continue cooking, press the **START/+1MIN** key.



AUTOMATIC keys

The final temperature will vary according to the initial food temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking manually.

WARNING:
The door, outer cabinet, oven cavity, accessories and dishes will become very hot during operation. To prevent burns, always use thick oven gloves.

Example:
To cook grill skewers weighing 0,2 kg.

1. Select the menu and weight by pressing the **GRILL SKEWERS** key once.

x1

⇨ After 2 seconds the oven will start to cook automatically.

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AUTOMATIC CHARTS

KEY	AUTOCOOK MENU	WEIGHT (Increasing Unit)/ UTENSILS	PROCEDURE
	AC-1 Cook Fresh Vegetables	0,1 - 0,6 kg (100 g) (initial temp 20° C) Bowl with lid	• Cut into small pieces, eg. strips, cubes or slices. • Add 1 tbsp water per 100 g and salt as desired. (For mushrooms no additional water is necessary). • Cover with a lid. • When audible signal sounds, stir and re-cover. • After cooking, let the food stand for approx 2 minutes.
	AC-2 Cook Frozen Vegetables e.g. Brussel sprouts, green beans, peas, mixed vegetables, broccoli	0,1 - 0,6 kg (100 g) (initial temp -18° C) Bowl with lid	• Add 1 tbsp water per 100 g and salt as desired. (For mushrooms no additional water is necessary). • Cover with a lid. • When audible signal sounds, stir and re-cover. • After cooking, let stand for approx. 2 minutes. **NOTE:** If frozen vegetables are compacted together, cook manually.
	AC-3 Cook French Fried Potatoes (recommended for conventional ovens)	0,2 - 0,3 kg (50 g) (initial temp -18° C) Flan dish Rack	• Remove the frozen french fried potatoes from the package and place them in a flan dish. • Place the dish on the rack in the oven. • When audible signal sounds, turn over. • After cooking, remove from the dish and put on a plate for serving. (No standing time is necessary). • Add salt to taste. **NOTE:** The dish gets very hot during cooking. To avoid burning yourself, please use oven gloves for removing the pan from the oven.
	AC-4 Cook Grill Skewers	0,2 - 0,6 kg (100 g) (initial temp 5° C) Rack	• Prepare the grill skewers referring to the recipe on page GB-30 of the Cookbook. • Place on the rack and cook. • When the audible signal sounds, turn over. • After cooking, remove and put on a plate for serving. (No standing time necessary).
	AC-5 Cook Chicken Legs	0,2 - 0,6 kg (50 g) (initial temp 5° C) Rack Ingredients for 0,6 kg chicken legs: 3 pieces, 1-2 tbsp oil, ½ tsp salt, 1 tsp sweet paprika, 1 tsp rosemary	• Mix the ingredients and spread on the chicken legs. • Pierce the skin of the chicken legs. • Put the chicken legs on the rack, skin side down, with the thin ends towards the centre. • When audible signal sounds, turn over. • After cooking, remove and stand for approx. 3 minutes.

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KEY	AUTOCOOK MENU	WEIGHT (Increasing Unit)/ UTENSILS	PROCEDURE
	AC-6 Cook Gratinated Fish Fillet	0,5 - 1,0 kg* (100 g) (initial temp Fish 5° C) Gratin dish	• See recipes for "Gratinated Fish Fillet" on pages GB-13-14. * Total weight of all ingredients.
	AC-7 Cook Gratin	0,5 - 1,0 kg* (100 g) (initial temp 20° C) Gratin dish	• See recipes for "Gratin" on page GB-14. * Total weight of all ingredients.
	AC-8 Cook Desserts e.g. Fruit Crumble	(initial temp 20° C) Gratin dish	• See recipe for "Desserts" on page GB-14.

KEY	AUTO DEFROST MENU	WEIGHT (Increasing Unit)/ UTENSILS	PROCEDURE
	Ad-1 Defrost Steak, Chops	0,2 - 0,8 kg (100 g) (initial temp -18° C) (See note on page GB-13)	• Place the food in a flan dish in the centre of the turntable. • When the audible signal sounds, turn the food over, rearrange and separate. Shield thin parts and warm spots with small pieces of aluminium foil. • After defrosting, wrap in aluminium foil for 10 - 15 minutes, until thoroughly defrosted.
	Ad-2 Defrost Minced Meat	0,2 - 0,8 kg (100 g) (initial temp -18° C) (See note on page GB-13)	• Place the block of minced meat in a flan dish in the centre of the turntable. • When the audible signal sounds, turn the food over. Remove the defrosted parts if possible. • After defrosting, cover with aluminium foil and stand for 5 - 10 minutes, until thoroughly defrosted.
	Ad-3 Defrost Poultry	0,9 - 1,4 kg (100 g) (initial temp -18° C) (See note on page GB-13) Flan dish	• Place the poultry in a flan dish in the centre of the turntable. • When the audible signal sounds, turn over and shield thin parts and warm spots with small pieces of aluminium foil. • After defrosting, rinse with cold water, cover with aluminium foil and stand for 15 - 30 minutes until thoroughly defrosted. • Finally clean the poultry under running water.

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AUTOMATIC CHARTS

BUTTON	AUTO DEFROST MENU	WEIGHT (Increasing Unit)/ UTENSILS	PROCEDURE
	Ad-4 Defrost Sliced Bread	0,1 - 0,5 kg (100 g) (initial temp -18° C) Flan dish	• Distribute in a flan dish in the centre of the turntable. • When the audible signal sounds, turn over, re-arrange and remove defrosted slices. • After defrosting cover in aluminum foil and stand for 5 - 15 minutes, until thoroughly defrosted.

NOTES: Auto Defrost
1 Steaks and Chops should be frozen in one layer.
2 Minced meat should be frozen in a thin shape.
3 After turning over, shield the defrosted portions with small, flat pieces of aluminium foil.
4 The poultry should be processed immediately after defrosting.

RECIPES FOR AUTOMATIC AC-6, AC-7 & AC-8

GRATINATED FISH FILLET (AC-6)
Fish gratin Italian style

Ingredients

0,5 kg	1,0 kg	
250 g	500 g	fish fillet
1/2 tbsp	1 tbsp	lemon juice
1/2 tbsp	1 tbsp	anchovy butter
30 g	60 g	Gouda (grated)
		salt and pepper
110 g	220 g	fresh tomatoes
1 tbsp	1 1/2 tbsp	chopped mixed herbs
100 g	200 g	Mozarella
1/2 tbsp	3/4 tbsp	basil (chopped)

Preparation
1. Wash and dry the fish and sprinkle with lemon juice, salt and grease with anchovy butter.
2. Place in a gratin dish.
3. Sprinkle the Gouda over the fish.
4. Wash the tomatoes and remove the stalk-spore. Cut into slices and place on top of the cheese.
5. Season with salt, pepper and the mixed herbs.
6. Drain the Mozarella, cut into slices and place on the tomatoes. Sprinkle the basil over the cheese.
7. Place the gratin dish on the turntable and cook on **AUTOMATIC COOK AC-6**, "Gratinated fish fillet".
8. After cooking let stand for approx. 5 minutes.

NOTES: These indications are for the minimum and maximum weight. If you want to cook other weights, you have to adjust the ingredients.

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GRATINATED FISH FILLET (AC-6)
Fish esterhazy

Ingredients

0,5 kg	1,0 kg	
250 g	500 g	fish fillet
100 g	200 g	leeks (cut into rings)
20 g	40 g	onion (finely sliced)
50 g	100 g	carrot (grated)
10 g	10 g	butter or margarine
		salt, pepper and nutmeg
1 tbsp	1 1/2 tbsp	lemon juice
50 g	100 g	crème fraîche
50 g	100 g	Gouda (grated)

Preparation
1. Put vegetables, butter and the spices into a casserole dish and mix well. Cook for 2-6 minutes on 100 P depending on weight.
2. Wash the fish, dry and sprinkle with lemon juice and salt.
3. Mix the crème fraîche with the vegetables and season again.
4. Put half of the vegetables in a gratin dish. Place the fish on top and cover with the remaining vegetables.
5. Spread the Gouda over the top, place on the turntable and cook on **AUTOMATIC COOK AC-6**, "Gratinated Fish Fillet".
6. After cooking let stand for approx. 5 minutes.

NOTES: These indications are for the minimum and maximum weight. If you want to cook other weights, you have to adjust the ingredients.

GRATIN (AC-7)
Spinach gratin

Ingredients

0,5 kg	1,0 kg	
150 g	300 g	leaf spinach (defrosted, drained)
15 g	30 g	onion (finely chopped)
		salt, pepper, nutmeg
150 g	300 g	boiled potatoes (sliced)
35 g	75 g	cooked ham (diced)
50 g	100 g	crème fraîche
1	2	eggs
40 g	75 g	grated cheese

Preparation
1. Mix together the leaf spinach with the onion and season with salt, pepper and nutmeg.
2. Grease the gratin dish. Place alternate layers of potato slices, diced ham and spinach in the dish. The top layer should be spinach.
3. Mix the eggs with crème fraîche, add salt and pepper and pour over the vegetables.
4. Cover the gratin with the grated cheese.
5. Place on the turntable and cook on **AUTOMATIC COOK AC-7**, "Gratin".
6. After cooking, let stand for 5-10 minutes.

NOTES: These indications are for the minimum and maximum weight. If you want to cook other weights, you have to adjust the ingredients.

GRATIN (AC-7)
Potato-courgette-gratin

Ingredients

0,5 kg	1,0 kg	
200 g	400 g	boiled potatoes (sliced)
115 g	230 g	courgette (finely sliced)
75 g	150 g	crème fraîche
1	2	eggs
1/2	1	clove of garlic (crushed)
		salt, pepper
40 g	75 g	grated Gouda cheese
		sunflower kernel

Preparation
1. Grease the gratin dish and place alternate layers of potato slices and courgette in the dish.
2. Mix the eggs with crème fraîche, season with salt, pepper and garlic and pour over the vegetables.
3. Cover the gratin dish with the grated Gouda cheese.
4. Finally sprinkle the gratin with sunflower kernel.
5. Place on the turntable and cook on **AUTOMATIC COOK AC-7**, "Gratin".
6. After cooking, let stand for 5-10 minutes.

NOTES: These indications are for the minimum and maximum weight. If you want to cook other weights, you have to adjust the ingredients.

DESSERTS (AC-8)
Raspberry, Apple and Almond Crumble

Ingredients:
For the filling:
250 g frozen raspberries
2 eating apples, peeled and thinly sliced
50 g brown sugar
15 ml Crème de cassis

For the crumble:
75 g butter
125 g plain flour
100 g chopped almonds
75 g caster sugar

Preparation
1. Place raspberries, apples, sugar and crème de cassis in a gratin dish and mix well. Heat for 5-6 minutes on 100 P, stir after half of cooking time.
2. Meanwhile prepare the crumble. Rub the butter into the flour until mixture resembles fine breadcrumbs, stir in the chopped almonds and caster sugar.
3. Spoon the crumble evenly on top of the fruit. Place the gratin dish on the turntable and cook on **AUTOMATIC COOK AC-8,** "Desserts".

HINT: You can use tinned cherries (200 g) and tinned peaches (200 g) instead of frozen raspberries, apples and brown sugar. In this case it is not necessary to precook the fruits.

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CARE AND CLEANING

CAUTION: DO NOT USE COMMERCIAL OVEN CLEANERS, STEAM CLEANERS, ABRASIVE, HARSH CLEANERS, ANY THAT CONTAIN SODIUM HYDROXIDE OR SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN.

Before cleaning, make sure the oven cavity, door, oven cabinet and accessories are completely cool.

CLEAN THE OVEN AT REGULAR INTERVALS AND REMOVE ANY FOOD DEPOSITS - Keep the oven clean, or the oven could lead to a deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.

Oven exterior
The outside of your oven can be cleaned easily with mild soap and water. Make sure the soap is wiped off with a moist cloth, and dry the exterior with a soft towel.

Oven controls
Open the door before cleaning to de-activate the oven controls. Care should be taken when cleaning the oven control. Using a cloth dampened with water only, gently wipe the panel until it becomes clean. Avoid using excessive amounts of water. Do not use any sort of chemical or abrasive cleaner.

Oven Interior
1. For cleaning, wipe any splatters or spills with a soft damp cloth or sponge after each use while the oven is still warm. For heavier spills, use a mild soap and wipe several times with a damp cloth until all residues are removed. Built-up splashes may overheat and begin to smoke or catch fire, and cause arcing. Do not remove the waveguide cover.
2. Make sure that mild soap or water does not penetrate the small vents in the walls which may cause damage to the oven. Do not use caustic cleaners (including alkali, acid thinner, benzin, alcohol or oven cleaner).
3. Do not use spray type cleaners on the oven interior.
4. Heat up your oven regularly by using the grill, refer to note b "Heating without food" on page GB-7. Remaining food or fat splashed can cause smoke or bad smell.

Accessories
The accessories should be washed in a mild washing up liquid solution and dried. They are dishwasher safe.

Door
To remove all trace of dirt, regularly clean both sides of the door, the door seals and adjacent parts with a soft, damp cloth. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.

NOTE: Keep the waveguide cover and accessories clean at all times. If you leave grease or fat in the cavity or accessories, it may overheat, cause arcing, smoke or even catch fire when next using the oven.

SERVICE CALL CHECK

Please check the following before calling for service.

1. Power Supply
Check the power plug is properly connected to a suitable wall outlet.
Check the line fuse/circuit breaker is functioning properly.

2. When the door is opened, does the oven lamp light? YES _____ NO _____

3. Place a cup of water (approx. 150 ml) in the oven and close the door securely.
Programme the oven for one minute on 100 P power and start the oven.
Does the oven lamp come on? YES _____ NO _____
Does the turntable rotate? **NOTE:** The turntable turns in either direction. YES _____ NO _____
Does the ventilation work? (You will hear the fan sound.) YES _____ NO _____
After 1 minute does the signal sound? YES _____ NO _____
Does cooking in progress indicator go off? YES _____ NO _____
Is the cup with water warm after the above operation? YES _____ NO _____

4. Take the cup of water out of the oven and close the door.
Programme the grill for three minutes and start the oven.
After 3 minutes does the grill heating element become red? YES _____ NO _____

If "NO" is the answer to any of the above questions, call your dealer or an authorised SHARP Service Agent and report the results of your check.

NOTE: If you cook the food over the standard time with only the same cooking mode, the power of the oven will lower automatically to avoid overheating. (The microwave power level will be reduced or the grill heating element will begin to light on and off).

Cooking Mode	Standard time
Microwave (100 P)	20 minutes
Grill	10 minutes
Dual Grill	Grill - 10 minutes